

How to Keep Me Safe:

- Do not keep my toys in a box with a lid – it may fall and hurt my fingers.
- Use my car seat every time we go into the car and make sure my seat belt is fastened.
- Watch me closely – I can get into lots of dangerous situations like touching fireplaces, hot stoves and hot foods. Keep me away from cords, houseplants and sharp objects.
- I can understand simple commands but I may not be able to obey them. Do not punish me if I get in an unsafe situation.
- Never leave me alone in the bathtub.
- Do not let me go to sleep with a bottle of milk or juice in my mouth. It is not good for my teeth. (Water is ok.)

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a "Healthy Kids" or EPSDT screening.

How I Grow



10
to 12
Months

How I Develop:

- I climb on and off furniture.
- Let me decide which hand I want to use.
- I try hard to feed myself and drink from a cup, but I may make a mess.
- I am beginning to use a spoon.
- I may have trouble sleeping at night even though I may have slept all night when I was younger.
- I can hold a crayon and like to make marks with it.
- I am not yet ready to be toilet trained.
- I like to imitate speech sounds and can say “da da” and “ma ma.”
- I love to play peek-a-boo and patty-cake.
- I like to drop things from my highchair – I do not mean to upset you.
- I like to stand holding onto furniture.
- I like to look at pictures, books and magazines.
- I like jingles, rhymes and songs.
- I like to repeat the same word all day long.
- I can understand more than I can say.
- My appetite changes from day to day and I may not like some foods.

How I Act:

- I cry if another child gets more attention.
- I like to imitate hand movements and sounds.
- I may cry when a toy is taken away from me.
- I am very sure about what I like and dislike.
- I look for attention and approval, but do not always do what you want me to do.
- I am very easily distracted and entertained.

How You Can Help Me Learn:

- Give me time to drop things into containers and to stack things.
- Take me where children are playing.
- Make animal sounds when you show me pictures of animals.
- Teach me songs and nursery rhymes.
- Play music and dance with me.
- Read to me – I love books. I like to hear the same story over and over.
- Give me soft, cuddly toys that I can easily carry.
- Let me feed myself – do not force me to eat.
- Talk to me often and tell me what you are doing – this will help me with my speech.



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Sincerely,

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